

Beef Bourguignon



Main Course



3 hours



Moderate

Beef Bourguignon is a traditional French stew where slowly braised beef becomes meltingly tender in a rich red wine sauce. Cooked gently with bacon, mushrooms, onions, and herbs, the dish develops deep, layered flavours over time. It is a comforting, elegant stew that rewards patience and is best enjoyed with simple accompaniments that allow the sauce to shine.

Ingredients (Serves 4-6)

- 1 kg braising beef (chuck, blade, or shin), cut into large chunks
- 150 g smoked bacon lardons
- 2 tbsp plain flour
- 2 tbsp olive oil
- 2 onions, sliced
- 3 carrots, sliced
- 3 garlic cloves, crushed
- 2 tbsp tomato purée
- 750 ml good-quality red Burgundy or other dry red wine
- 400 ml beef stock
- 1 bouquet garni (thyme, bay leaf, parsley)
- 250 g button mushrooms
- Salt and black pepper

Method

Brown the meat

Season the beef with salt and pepper, then toss lightly in the flour. Heat the oil in a large, heavy-based casserole dish. Brown the beef in batches until well coloured, then remove and set aside.

Cook the bacon and vegetables

In the same dish, fry the bacon lardons until lightly crisp. Add the onions and carrots and cook for 5–7 minutes until softened. Stir in the garlic and tomato purée and cook for another minute.

Deglaze and combine

Pour in the red wine, scraping up any browned bits from the base of the pan. Return the beef to the casserole, add the stock and bouquet garni, and bring gently to a simmer.

Slow cook

Cover and cook over very low heat, or in a low oven (160°C), for 2½–3 hours, until the beef is tender and the sauce rich.

Finish with mushrooms

About 30 minutes before the end of cooking, add the mushrooms. Remove the bouquet garni before serving and adjust seasoning if needed.

Serving suggestions

Serve with mashed potatoes, buttered noodles, or crusty bread to soak up the sauce. Like many slow-cooked dishes, Beef Bourguignon tastes even better the following day.